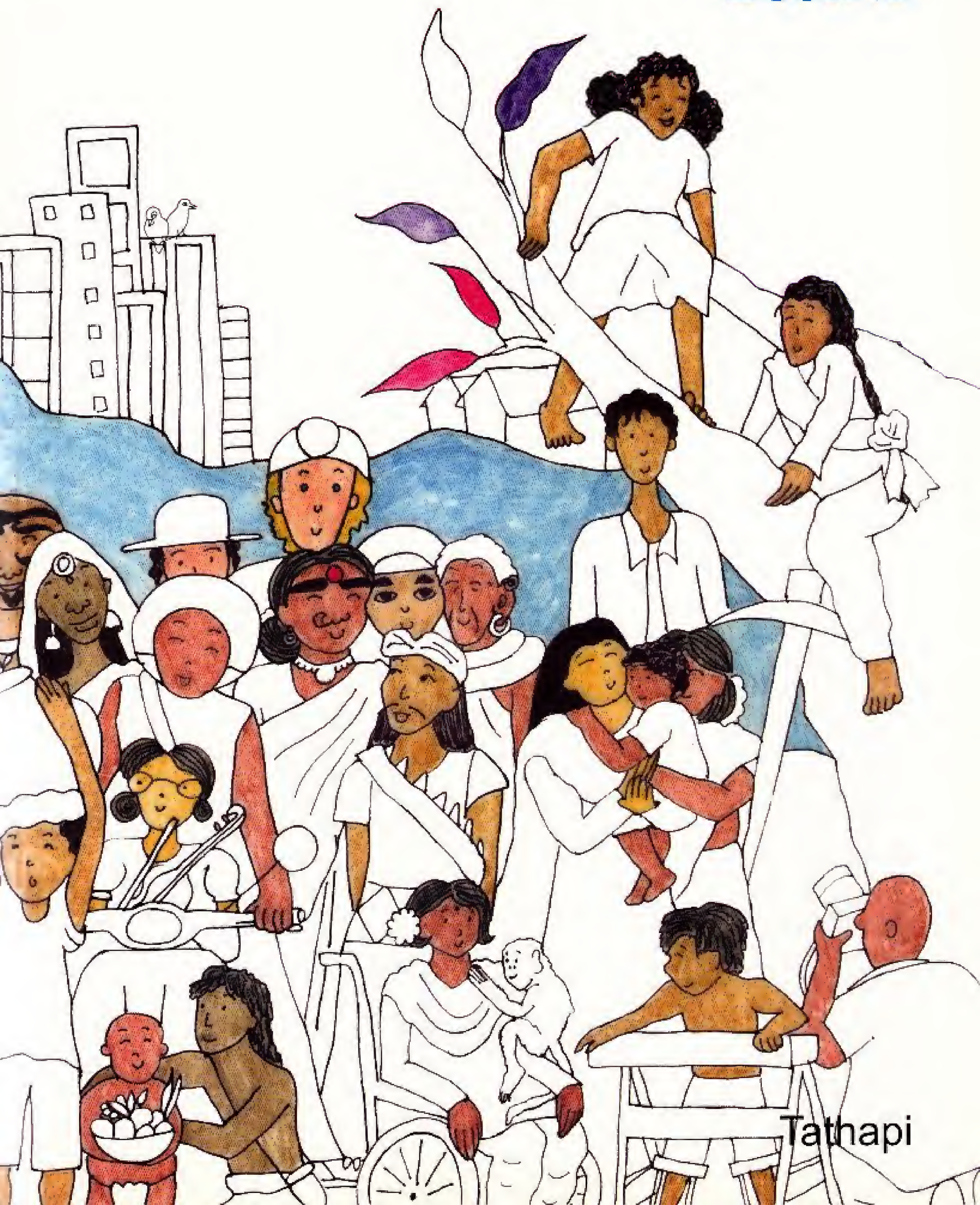


Body literacy for children

Book 2



Tathapi

Body Literacy for children Book 2

Written by

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Artwork and Design: Wendy D'Cruz and Madhuvanti Anantharajan

Suggested donation price: Rs. 60 only

Much debate has gone into the relevance, form, need and structure of sexuality education for children. While it is a must, the set of progressive workbooks is one tool to impart gender sensitive sexuality education to children aged 10 and above, to increase the comfort level of facilitators and children through 'Body Literacy'. The workbooks rely on the collective experience of many 'seniors' who dedicated their lives, and work to imparting scientifically based sexuality education particularly in Maharashtra. We see this as an addition to their work. We thank all the schools we have worked with over the years, the students whose giggles, questions, and sometimes biting responses have all contributed. We thank the teachers, counselors, parents, and NGO workers who have participated our workshops, consultations and trainings all over the State.

We thank Neeta Shah, Principal of Vijay Vallabh, the Dr Ambedkar School, and the City International School for testing and feedback of the worksheets. We are also indebted to Nivedita Krishnaswami, Dilmeher Bhola and Mini Srinivasan for reviewing the English drafts.

We are thankful to Sir J R D Tata Trust, Mumbai for making the workbooks possible. Besides the financial support, we are grateful for the freedom to innovate and the faith placed in us.

Some concepts have been used from other sources, which we gratefully acknowledge, as follows

Belly Button	Contemplating your belly button by Jun Nanao, translation Amanda Mayer Stinchecum, Kane /Miller Publishers, Brooklyn, New York, 1995
Questions on growing up	The Red Book what you want to know about yourself TARSHI, 1999
The clock of time	Centre for Environment Education, NatureScope India, Amazing Mammals, Ahmedabad
The Evolution Tree	http://bp3.blogger.com/_7c8yG6ZkFMU/R_UNoMwYRpi/AAAAAAAAAD8/CDbHI9VyVJ4/S1600-R/evolution+tree.jpg
Hobby Stories:	Rags to Riches adapted from http://www.twfindia.com/peopleDetail1_14.01.07.asp Match Box Collection from http://www.dayafterindia.com/august1/matchbox.html Pune's Green Guy from http://20twentytwo.blogspot.com/2008/09/punes-green-guy.html
Story on Althea Gibson	Jagaveglya, Ashok Chitnis, Parchure Prakashan, Mumbai
When did life begin?	The Body book, Sara Stein Workman Publishing, USA

August 2009

Where did I come from?



Write down what adults told you when you asked them the question:

'Where did I come from?'

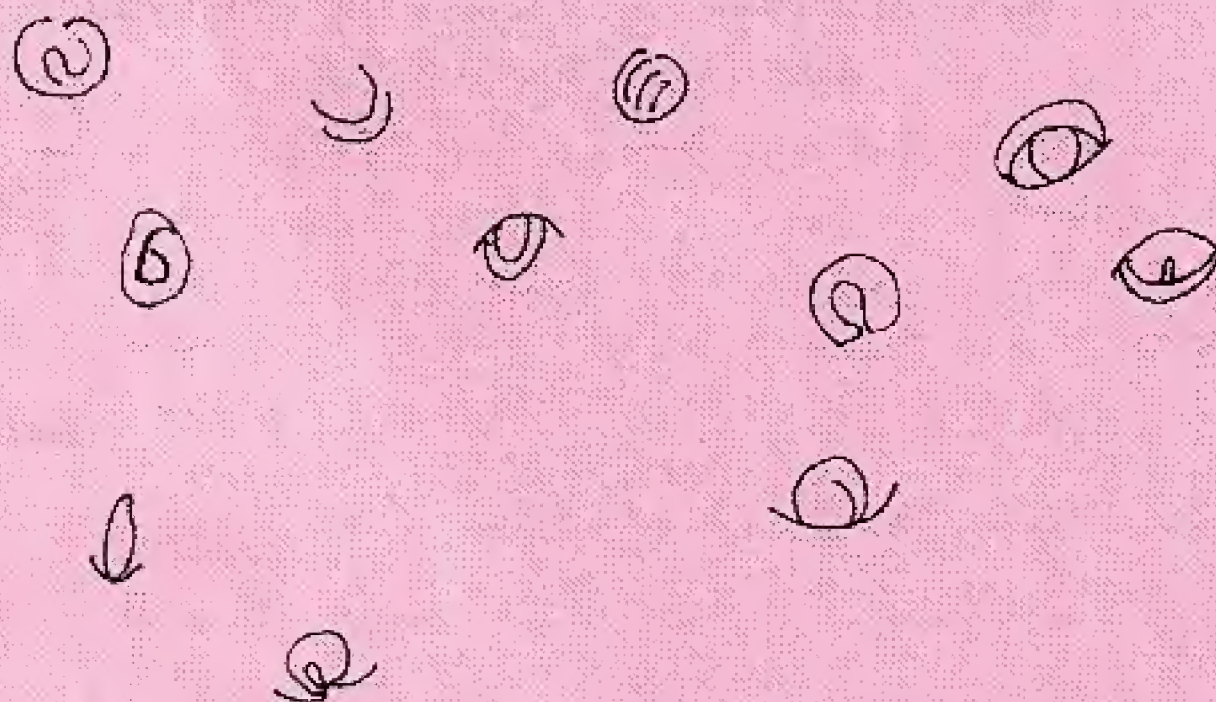
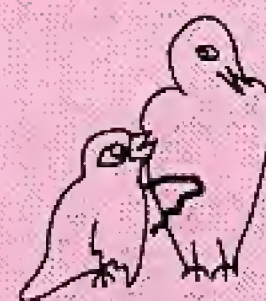
I was
adopted,



Handwriting practice lines consisting of multiple horizontal rows with a wavy midline.



Look at the pictures below.
They are drawings of
bellybuttons.
Colour the one that looks
most like yours.



This belly button
looks so funny.



Mine
sticks out.



I like to play
with mine.



It does not
have any use.



What is the belly button?

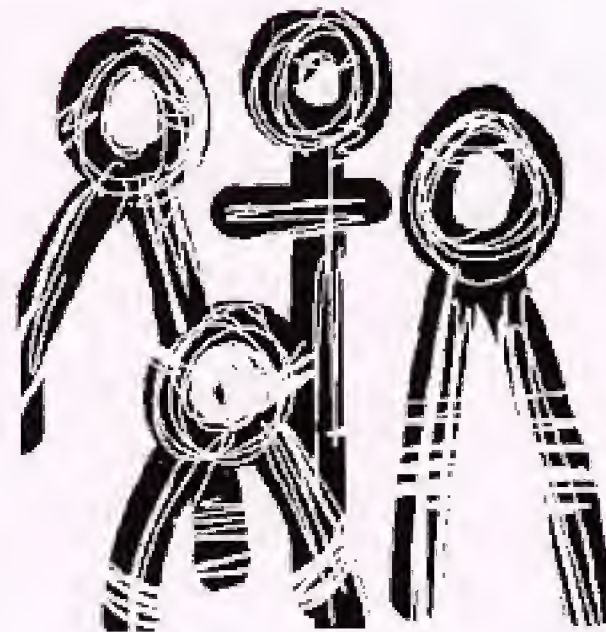
Read the story, complete the sentences and answer the questions below.



We all begin life's journey in the uterus of our mother.

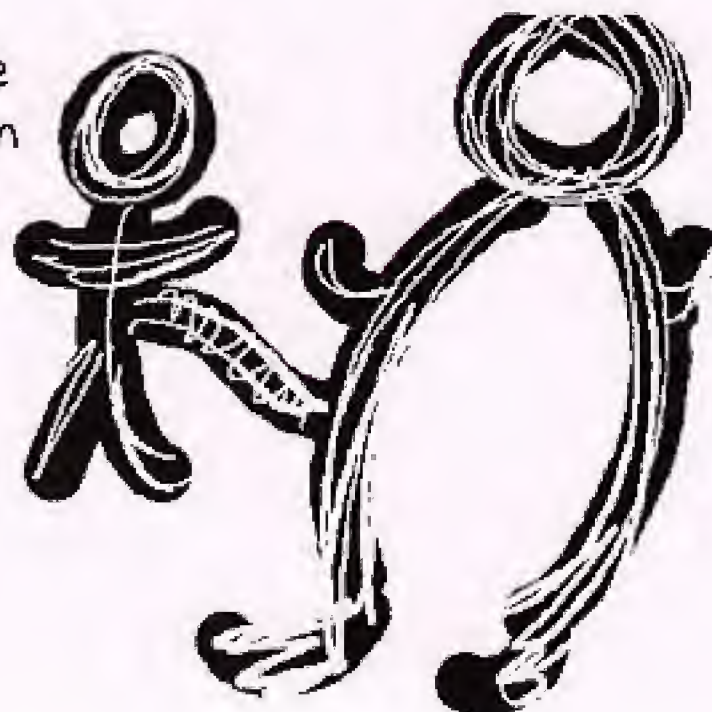
But before you were born, your belly button was very important.

This is our biological mother.



We may be adopted living with parents, aunts, uncles, or others now.

But, we will always have a connection with our biological mother.





While you were still in your mother's belly your body was connected to her.



It was connected by a single cord. This cord brought food from your mother's body to you.



Without eating at all you soon got bigger and bigger.



Then you were born. The cord was cut. But it was okay. Because now you could suck, or drink from a bottle.



You grew bigger and bigger...

Then the cord healed and dropped off



All that was left was your belly button

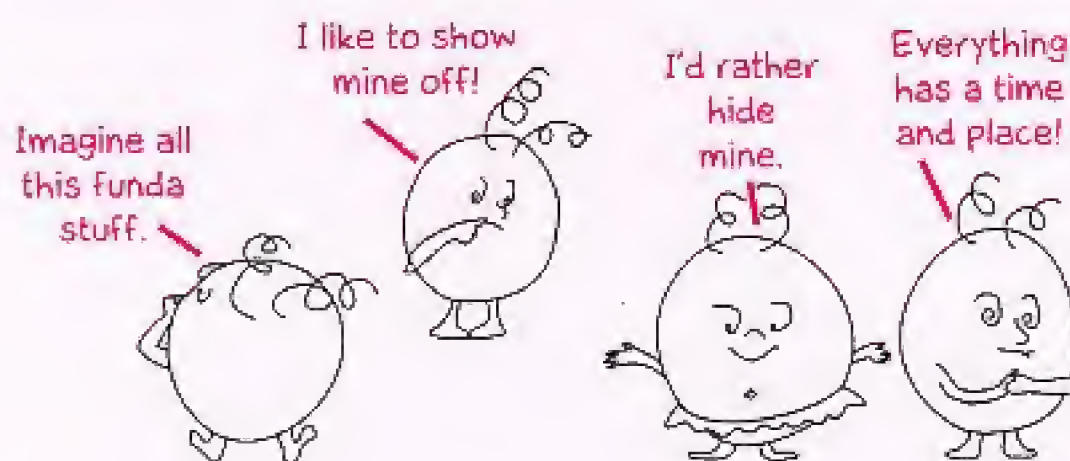


Your belly button is an important mark of your birth

Your father's belly button is an important mark of birth from his mother

Your mother's belly button is an important mark of birth from her mother

Whatever the size or shape, it is all **NORMAL**



The belly button is a mark of _____

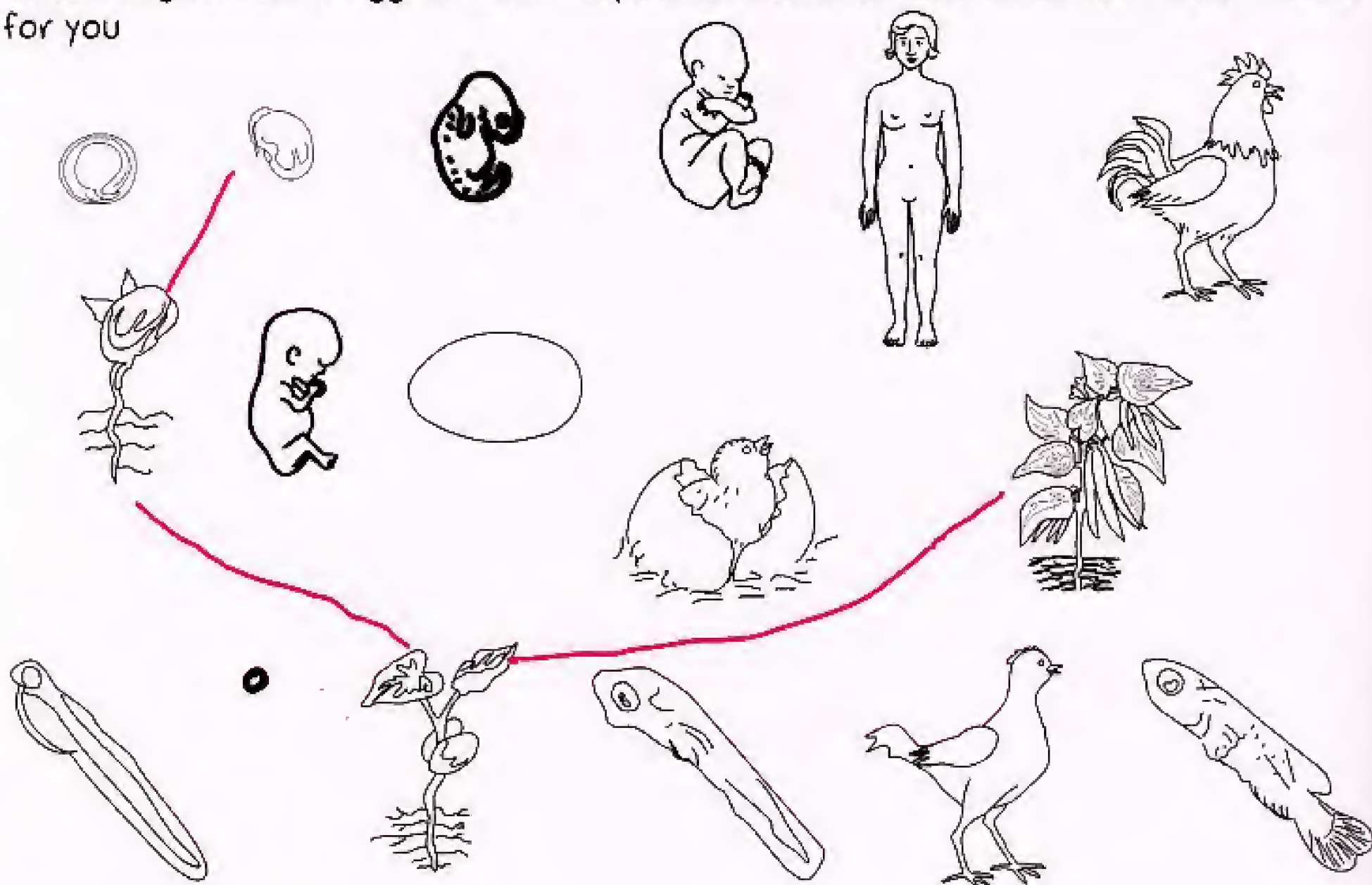
In my mothers' belly I grew without eating because _____

The belly button should be kept clean. Why? _____

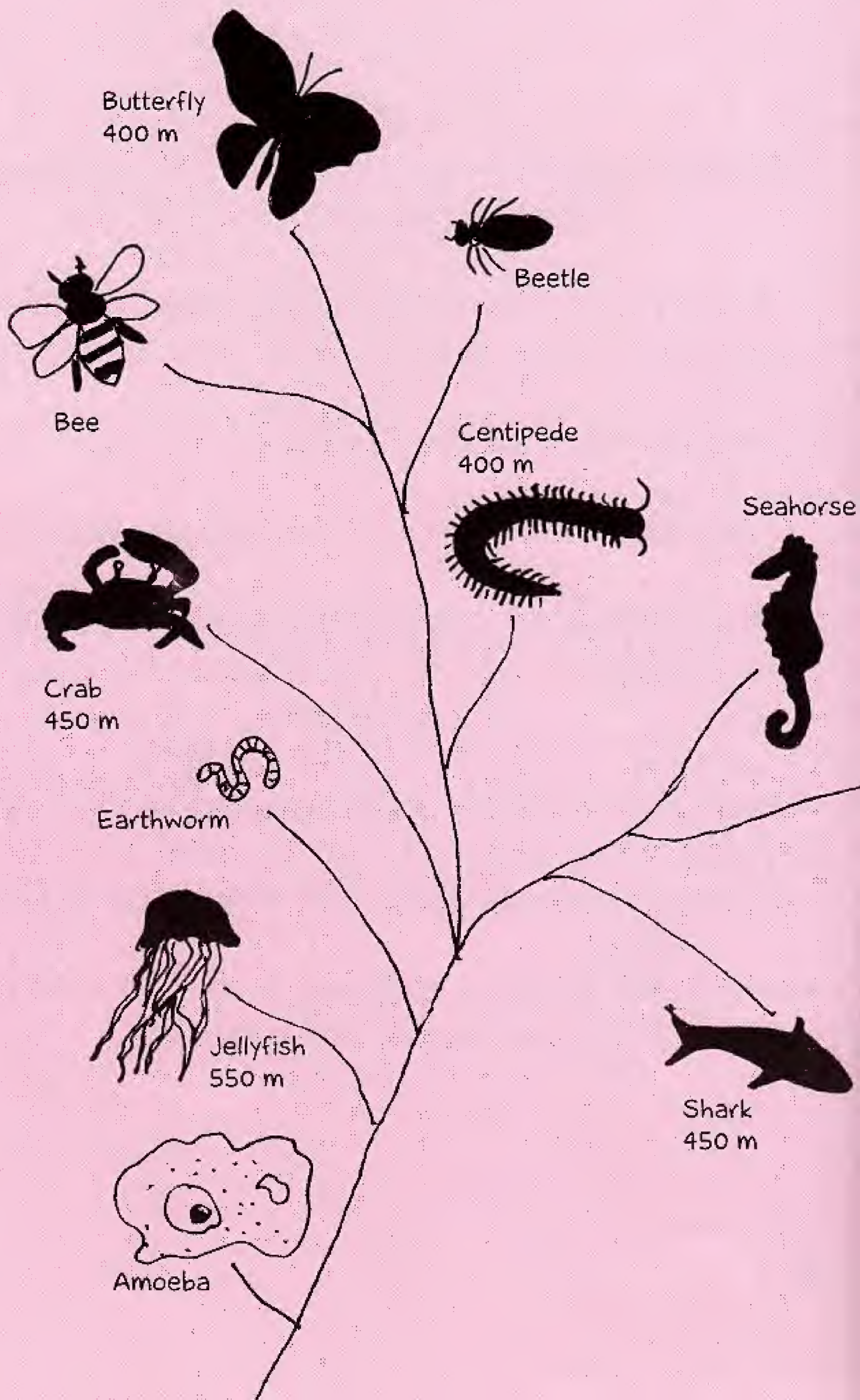
Read the passage.

Almost all living creatures like tigers; elephants, fish, ants, crocodiles, insects and even humans begin life from an egg. You too, grew from an egg the size of a pencil point. The tiny egg grows inside the mothers' body in the uterus. The uterus is an internal organ in women. The uterus is below the stomach and is about the size of the fist. The united egg keeps dividing and evolving and grows and grows for nine months till a baby is ready to be born. A body contains tens of trillions of cells all descended from one cell that results from the union of an egg and a sperm.

Help Rani and the other creatures to find out where they came from? Draw a connecting line from egg to Rani. Repeat for other creatures as well. One is done for you

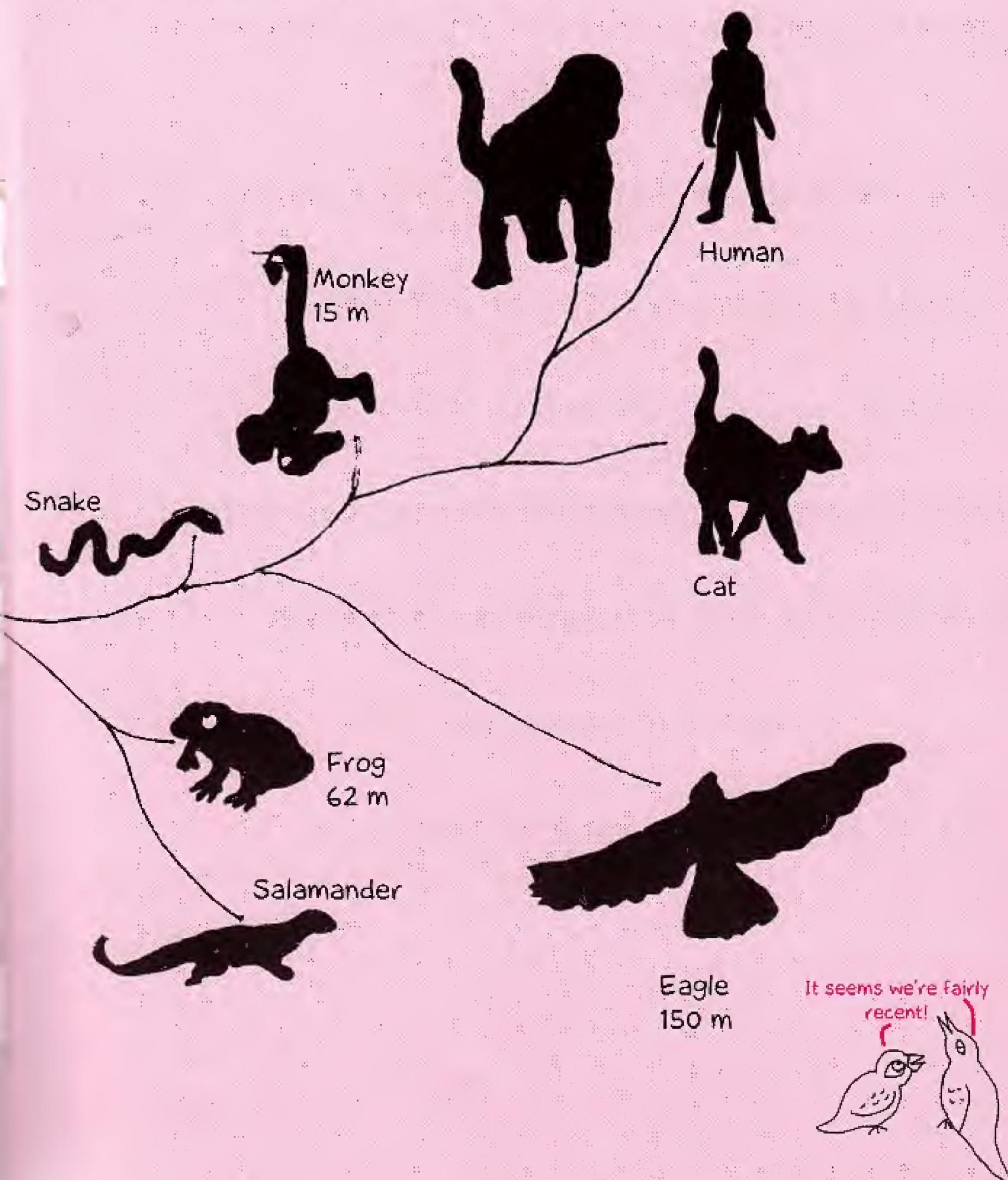


- All living organisms need to **reproduce**. If they do not reproduce, the species will die out.
- Some organisms like the single celled amoeba are neither male nor female. They **divide** to reproduce.
- Most living organisms are both **male** and **female**.
- The males have **sperms**. The females have **eggs**.
- The union of the egg and the sperm gives new life.
- This is called **fertilisation**. Fertilisation is necessary for reproduction.
- Plants reproduce by union (meeting) of the male and female parts of the plant. This is called **pollination**. They depend on insects, birds and animals for pollination.
- Animals and humans reproduce by the **union** of the male and female in the species.



Let's trace our origins where did we come from?

We all began our journey of life as an egg in our mother's womb (uterus), fertilized by our father's sperm. And so did our parents. Our grandparents and great grandparents were fertilised eggs, and so were all ancestors back to the first humans, further back still through the mammals, reptiles and fish from which humans descended. And fish weren't the beginning. The knowledge of how to be a living creature goes back much farther than the knowledge of how to be anything as complicated as the communities of cells called fish, or even worms. Before there were many celled creatures, the knowledge of how to be alive at all was handed down generation to generation by single cells, such as bacteria. And bacteria weren't the first life either.



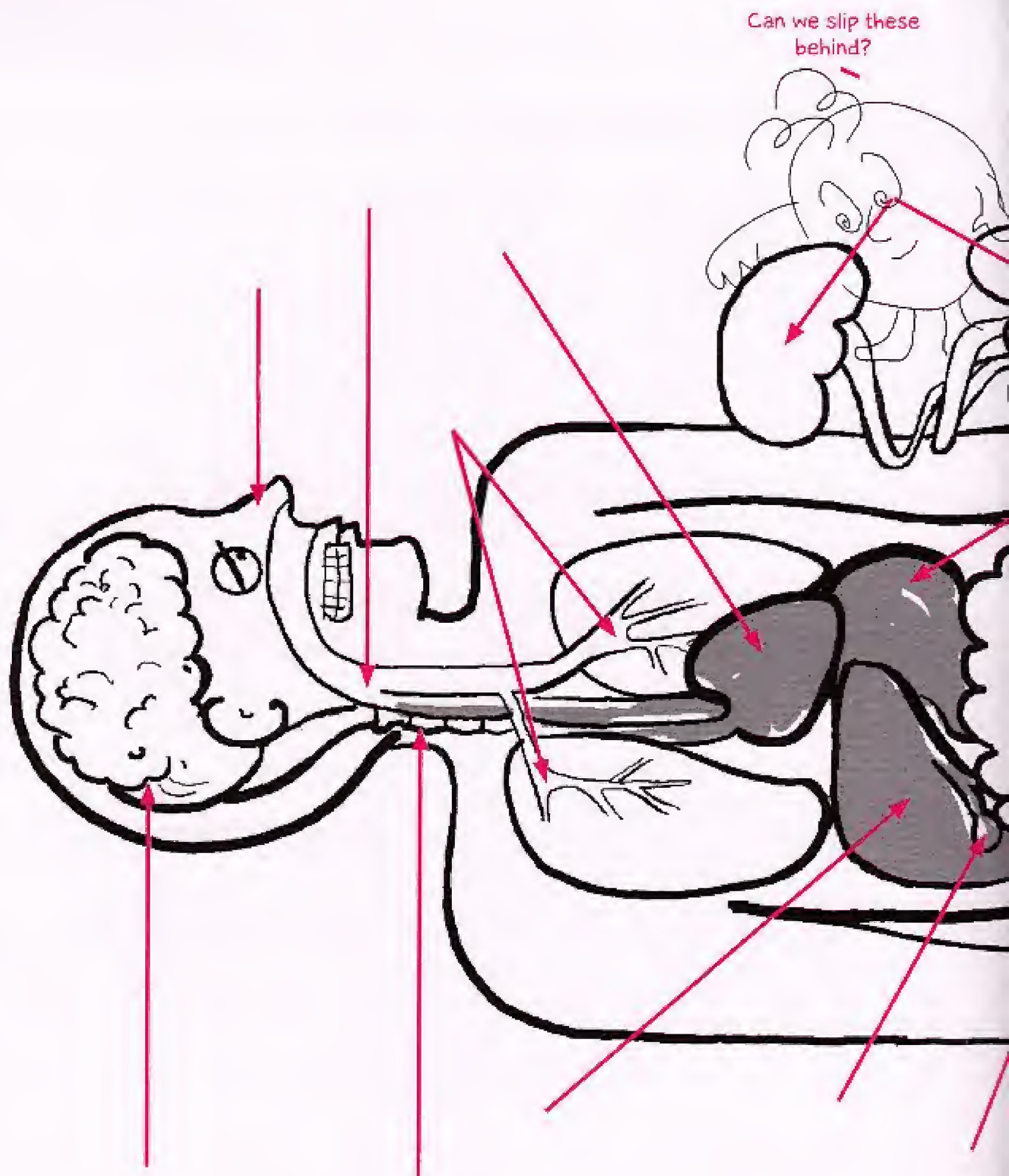
Here are some statements. Tick true or false.

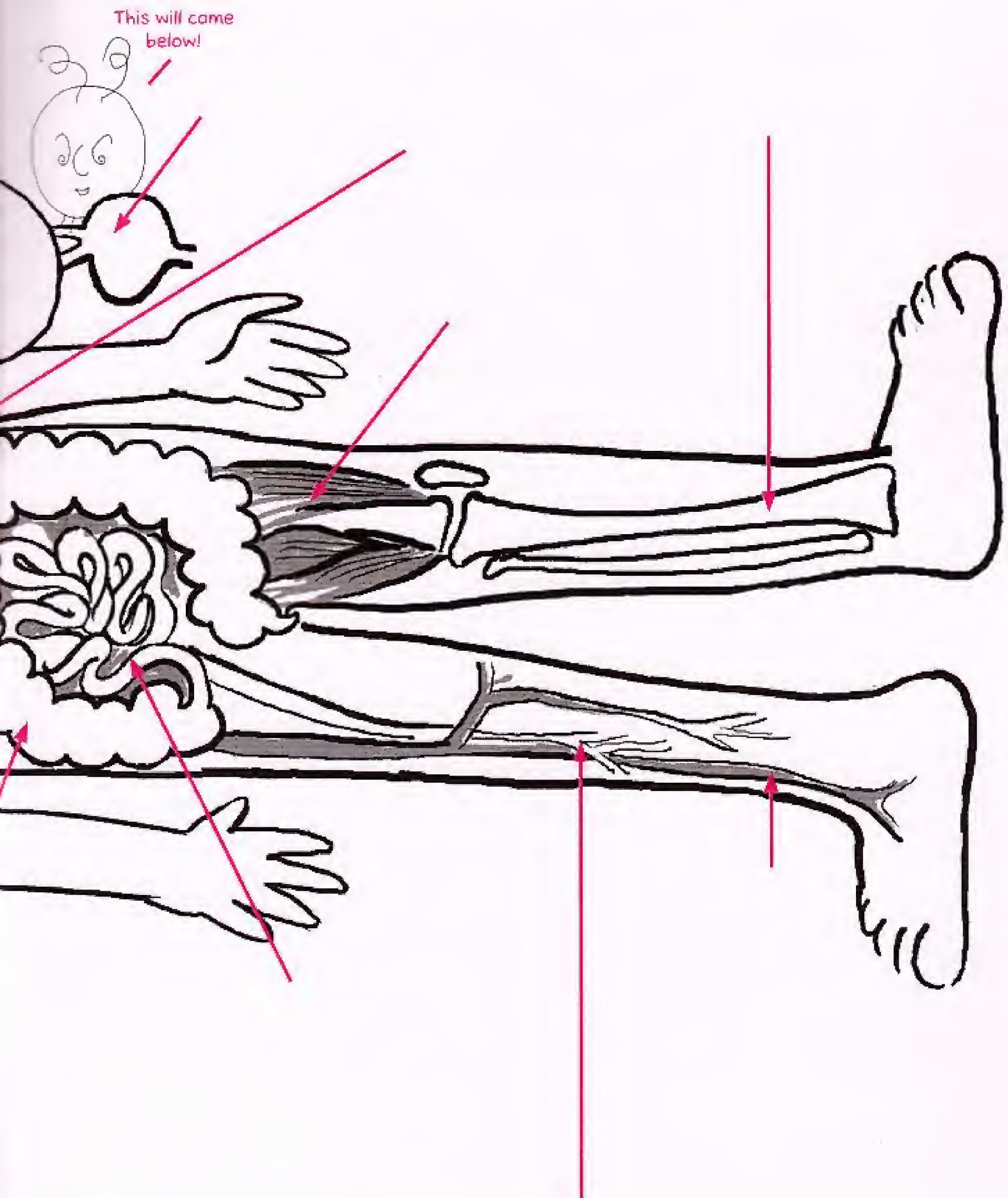
1. Butterflies appeared on earth before sharks. **T/F**
2. On the evolution tree, humans came first, monkeys later. **T/F**
3. We all began our journey of life as an egg in our mother's womb. **T/F**
4. Single cell amoeba were one of the first forms of life. **T/F**
5. Earthworms evolved before cats. **T/F**
6. Frogs evolved 450 million years ago. **T/F**
7. Polination is part of reproduction process of animals. **T/F**
8. Males have sperms, females have eggs. **T/F**
9. Amoeba are female. **T/F**
10. All living beings need to reproduce. **T/F**

Me and My Body

Look inside the Body.

Name the organs in the picture





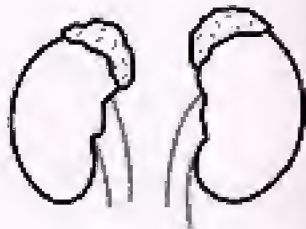
Close your eyes and think of all the things that your body is doing. Each internal organ has a function. It is performing its functions without any orders from anyone. Can you name five organs and the functions?

Organ

Function

Kidneys

De-toxify (clean) the blood



Four sets of horizontal wavy lines for writing.

Write down the occasions which remind you of these organs.



Organ

Heart

Occasion

When I run fast, I can hear my heart beat



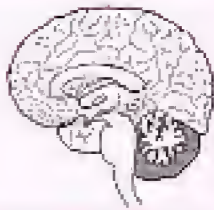
Four sets of horizontal wavy lines for writing.

If these organs do not work what would happen. (Give two examples)

Heart

Brain

Write down 3 reasons why we should take care of our bodies.



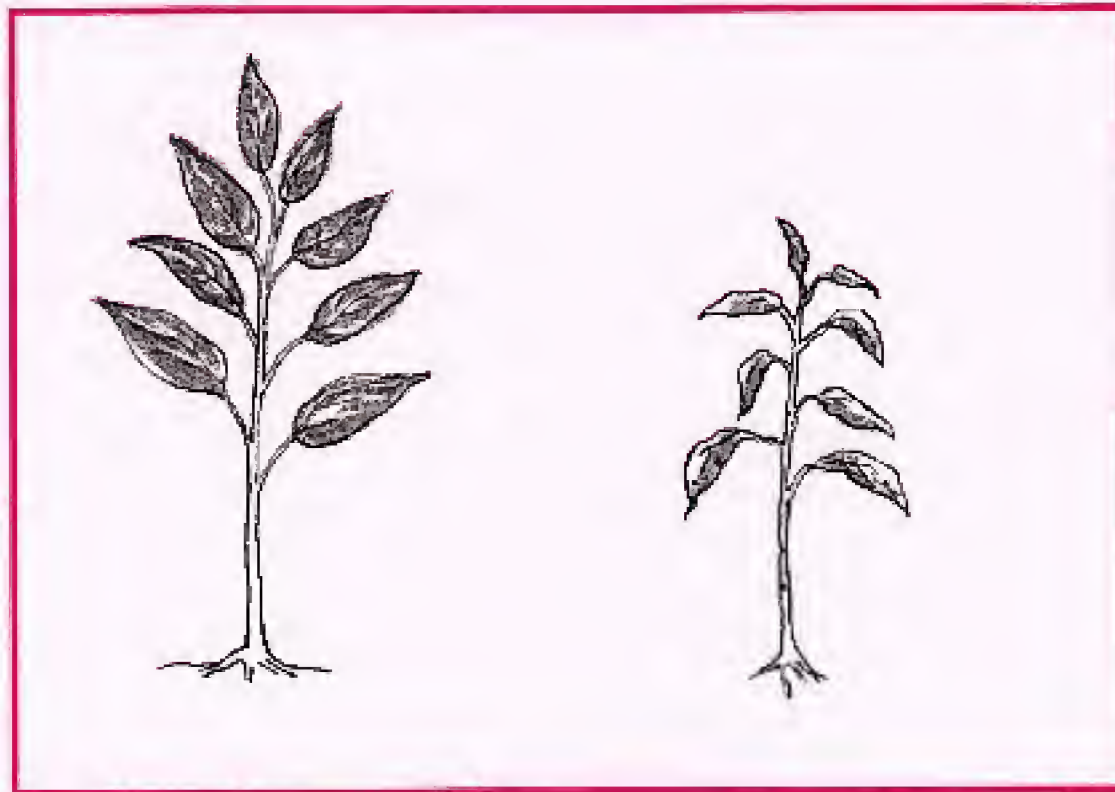
Three sets of horizontal wavy lines for writing.

Write down 3 reasons why we should take care of our minds.

Three sets of horizontal wavy lines for writing.

How do we take care of our bodies and minds?

The first aspect is **FOOD**



What is different in both these plants?

Why?

Plants need water, nutrients from the soil and enough sunlight for growing.

We need many worms, insects, lots of trees,
big bird bath, friendly children, clean air
and lots of sunlight

Similarly, to grow well, humans also need:

Food

Write down all you have eaten today _____

Water

Write how much water you drank today (water is also present in milk) _____

Physical exercise

what did you do to exercise your body? did you walk to school? _____

Happy mind



If we have enough of all this then our body and our mind stay healthy.

Our body needs **proteins**, **carbohydrates**, **fat**, **vitamins**, **minerals**, **fibre** and **water** for its functioning and growth. Where do we get this? We get it from all that we eat and drink.

We eat many foods. Some we like and some we don't.

Name 2 that you like _____, _____

Name 2 that you do not like _____, _____

Some we eat daily and some very rarely.

Name 2 that you eat daily _____, _____

Name 2 that you eat rarely _____, _____

Some are available all through the year and some we get only during certain seasons.

Name 2 that you eat all through the year _____, _____

Name 2 that you get only during certain seasons _____, _____

Let us see what foods give us. We can broadly classify food according to what they provide us.



These foods provide us with Energy. These have Carbohydrates and minerals. Fats in oil, etc work as fuel for our body.

these are the ones
I like the most!



eewu...



These help you grow well.
These mostly contain proteins.



These give you
water and fluids.



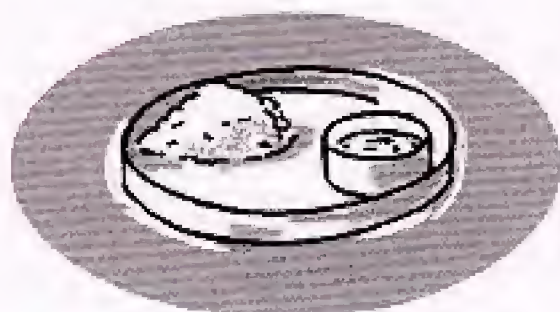
These protect you
from infections as
they have vitamins.

Our meal needs at least one item from each group. It can have more. But at least one is essential. Due to many reasons, we do not get to eat all these foods. Some are expensive and some are not available. What are some other reasons?

Most of what we eat is useful for our body

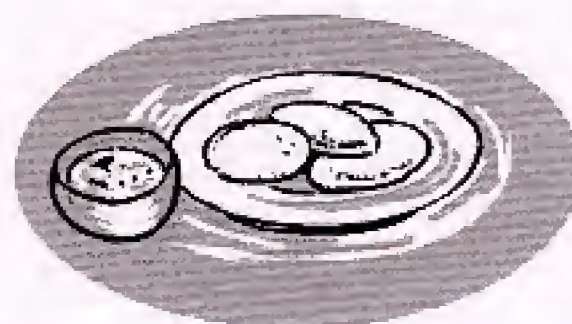
Help your friends make a balanced meal. You can go back to the previous page for help.

rice and dal



This is what Neha eats everyday. What is missing?

idli and chutney



This is what Arvind has for breakfast. Add something to make it balanced.

Vada pav



Raju eats Vada Pav and refuses to carry chapati and sabji to school. What will you suggest?

chicken and rice



This is Meera's only meal. Add something to make it nutritious and balanced.

all this talk about food makes me hungry,



What you eat is as important as how much you eat. All growing children need to eat at least three times a day. 10-15 year old children can eat more than that of an adult. As they are growing rapidly, their body needs extra food and more importantly, balanced food.

Anaemia

Our blood contains red and white blood corpuscles. The red blood corpuscles take oxygen from the lungs to every cell of the body.

Oxygen is attracted to iron. Therefore if the body gets less iron, then the red blood corpuscles become less red. Their ability to carry oxygen to every cell in the body is also reduced.

Anaemia causes a constant feeling of tiredness, giddy spells, weakness, lack of hunger, or momentary blackouts. This means we should change our diet to include more iron rich food such as sprouts, peanuts, gud, green vegetables, nachni/ragi, fish, meat, etc.

Cooking in iron vessels also helps. When we cook in iron vessels iron gets mixed with the food being cooked. It does leave a dark colour, but it is good for the body. If we add limbu or imli or aamchur, it helps in absorbing iron from our food.

Sour fruits such as limbu, amla, guava, oranges and sweet-limes, all contain Vitamin C. There are some vegetables like cabbage, drumsticks which contain Vitamin C. These also help in iron absorption.

Tea prevents absorption of iron into the blood. Hence, tea should not be had along with meals, but at least half an hour before or after meals.



Fill in the blanks

1. Red blood cells take _____ to every cell of our body. (food, oxygen)
2. Anaemia causes _____ (strength, weakness, pink colour of skin)
3. Iron rich food is _____ to eat (healthy, bad, not tasty)
4. Sour lime is good to eat because it _____ to enter the blood.
(helps iron, prevents iron)
5. Methi is _____ in iron. (rich, poor, medium)
6. _____ vessels are good for anaemia prevention. (Steel, Iron, Glass)
7. Chips and Kurkure are _____ in iron. (rich, poor)
8. Eating _____ things helps iron to enter blood. (sweet, bitter, sour)
9. It is better to eat _____ for consuming iron. (gud, sugar)
10. We can prevent anaemia by eating _____ food.
(fatty, iron-rich, ready to eat)

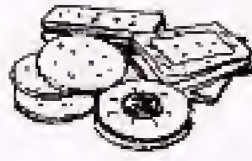
Do you see any difference between these two pictures? Write down the difference.



Girls and women in some houses get less food to eat. Due to this they get less iron rich food in their diet. As a result anaemia is more common in women and girls. 6 women out of every 10 are anaemic and the same is true with girls.

Most girls and women work more than boys and do not get enough rest and recreation. We must make sure that girls and women eat at least four meals a day.

Look at the pictures and circle the foods, which are high in iron. Add pictures of other iron rich foods.



Here are some fruits and vegetables. Write down what is common in all of them. These help us in some way. Can you say how?



all vegetables?
so boring!



Amit has got fifty rupees. Help him choose items that are nutritious. Write a list.



Thank goodness! none of this stuff for us!



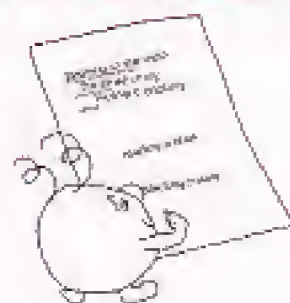
Item

Cost

Total

Simple, easily available food can give us nutrition.
If we shop wisely, we can ensure a good balanced diet.

The second aspect of keeping our bodies and mind healthy is keeping happy and being creative.



Make a long list of all the things that make you happy.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Of these circle those that you like to do, are fun, and interesting to you. These are hobbies.

I like to collect shiny things

how weird!



What are Hobbies?

They could be anything from stamp collecting, to collecting different types of boxes, to embroidery, reading, sports, writing poems, or short stories, etc.

Below is a list of some hobbies. Which of the following hobbies, do you find interesting?
Say what about them is interesting?

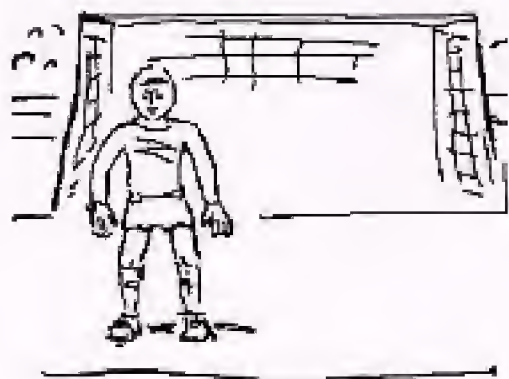
Football



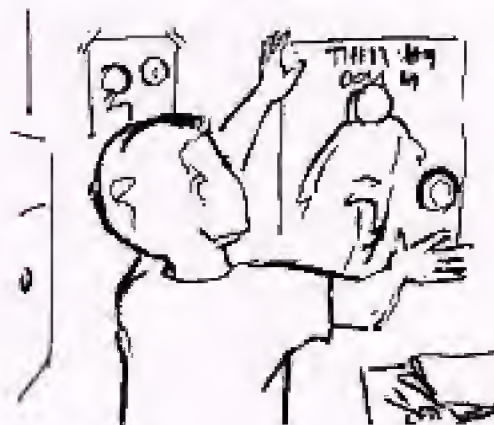
1. playing



2. watching live matches



3. goalkeeping



4. following news about famous footballers

I like playing football because I like to **run, meet friends** and **shoot goals**

me, too.



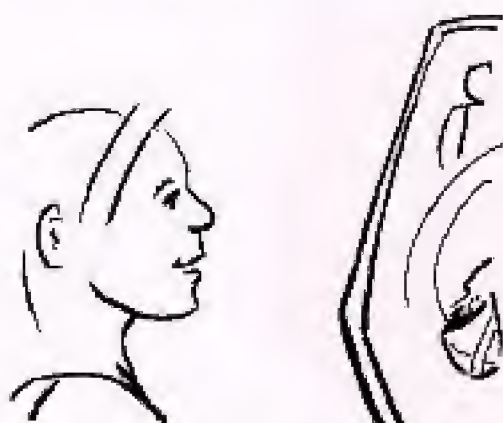
Music



1. listening



2. playing the guitar



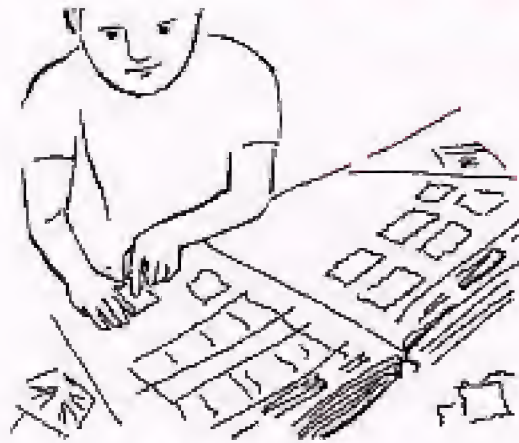
3. watching music videos



4. making a collection of western songs

Select the one you like and explain why you like it.

Collecting things



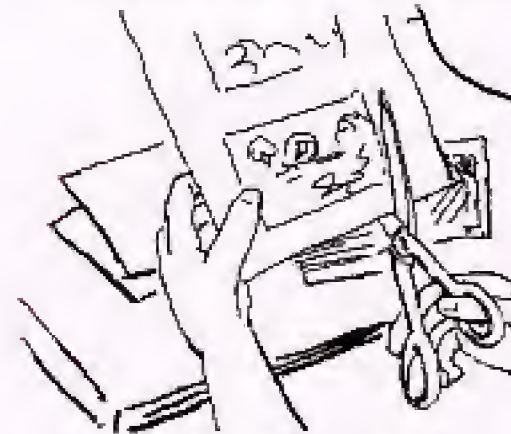
1. stamps



2. leaves, stones, seeds



3. matchboxes



4. pictures

me, too!



Select the one you like and explain why you like it.

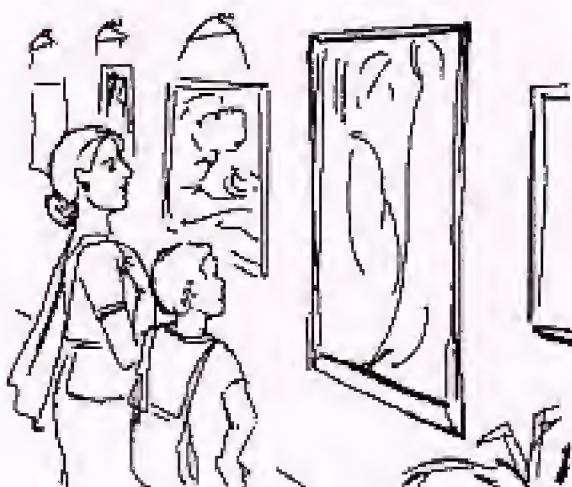


1. sketching

Drawing



2. collecting good paintings



3. visiting painting exhibitions



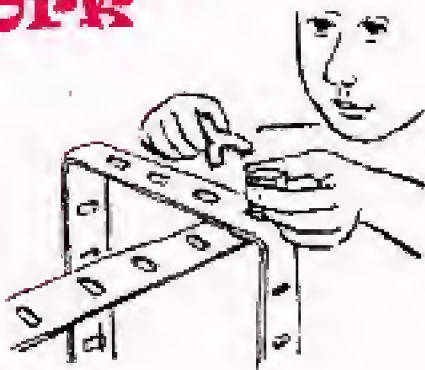
4. joining painting classes

Select the one you like and explain why you like it.

Technical work



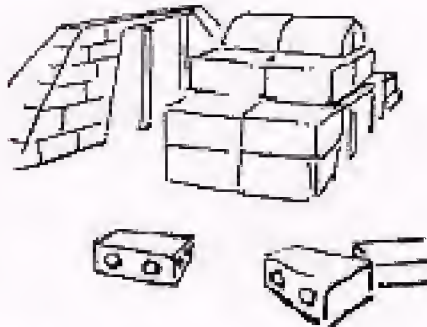
1. repairing toys



2. playing mechanics



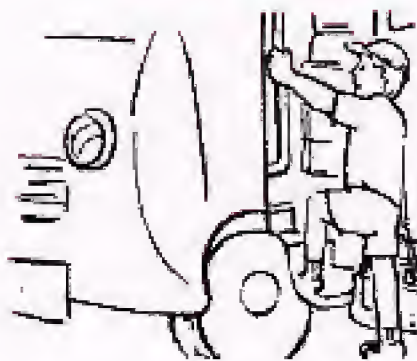
3. making toys



4. building with blocks

Select the one you like and explain why you like it.

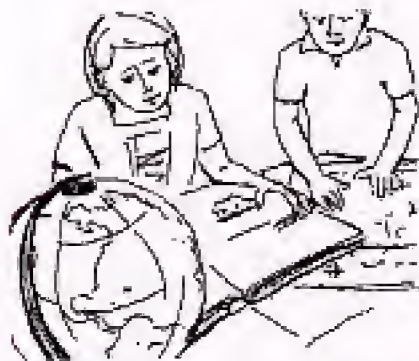
Seeing places, traveling



1. journeying/traveling
by bus



2. trekking



3. reading and discovering
new places



4. taking photographs



This looks like
a cozy place!

Select the one you like and explain why you like it.

Do you have a Hobby? If yes, write about it below. Share this with your friends, classmates.

come, let me
show you my
leaf collection



Here are some stories of hobbies that people have.

rags to riches

Ashima Mukherjee, 70, whose simple hobby has now turned into a successful business. Her Priyadarshini Dolls is now a well-known brand.

It actually began when she started decorating broken egg shells or stitching leftover rags into dolls in her spare time. It soon grew into a hobby. Her first exhibition 40 years back was a turning point in her life.

The rag dolls have found place in various exhibitions, emporiums and craft shops with over 700 pieces made every month. Her daughter Devipriya, now looks after the business.



How was her hobby useful to her?



Matchbox collecting is his passion

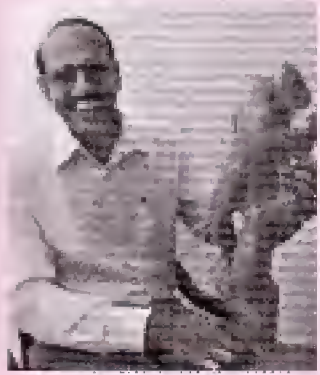
For some people hobbies turn into passions. One such person is Shivrup Tiwari. Collecting complimentary matchboxes is his hobby or rather his passion.

It all started in 1975 during one of his business trips, when he noticed a complimentary matchbox in an Indian Airlines flight. He has a well-maintained collection of around 3,000 colorful matchboxes. The collection includes complimentary matchboxes of hotels, banks, restaurants, consumer items, clubs, government guest-houses, international airlines,

from most of the countries in the world.

When asked what he will do with the match-boxes, Tiwari said: "These matchboxes remind me of my friends and fill my heart with pleasant memories of different and beautiful people and places."

How is the hobby useful to him?



His hobby keeps wood shining

For the last 34 years, driftwood collection has been a passion for former Army Medical Officer Col. Tommy Varghese. At present, he has a collection of 500 pieces of driftwood in varying sizes and shapes.

"Driftwood is wood that drifts in water and is seasoned by natural elements. It is found in streams, riverbeds and the seashore. The natural colour of the driftwoods is preserved. They are not created by human hand and so are unique. More importantly, they cannot be reproduced," he said.

Most of his collections are from Assam, Andaman and Nicobar Islands and Indo-Tibetan border. Revealing numerous forms, the pieces of driftwood stand testimony to nature's own handiwork.

(ref: The Hindu, May 23, 2008)

Name three things from nature that we can collect.



Pune's Green Guy

It has been more than two decades since he started it all, but 53-year-old Raghunath Dhole has shown no sign of slowing down. And, it all started with a hobby, gardening.

When he was a youngster he received Rs. 5. After spending Rs. 3 on a gift, he spent Rs. 2 to buy a sapling and planted it near his house. "Watching the sapling grow into a tree filled me with a sense of joy and satisfaction. It was then I decided I would do something like this when I grew up." After taking voluntary retirement, he started a plant nursery.

Dhole believes planting a tree is like returning a loan. "We have taken a loan from trees around us. The worth of the oxygen they provide is incalculable."

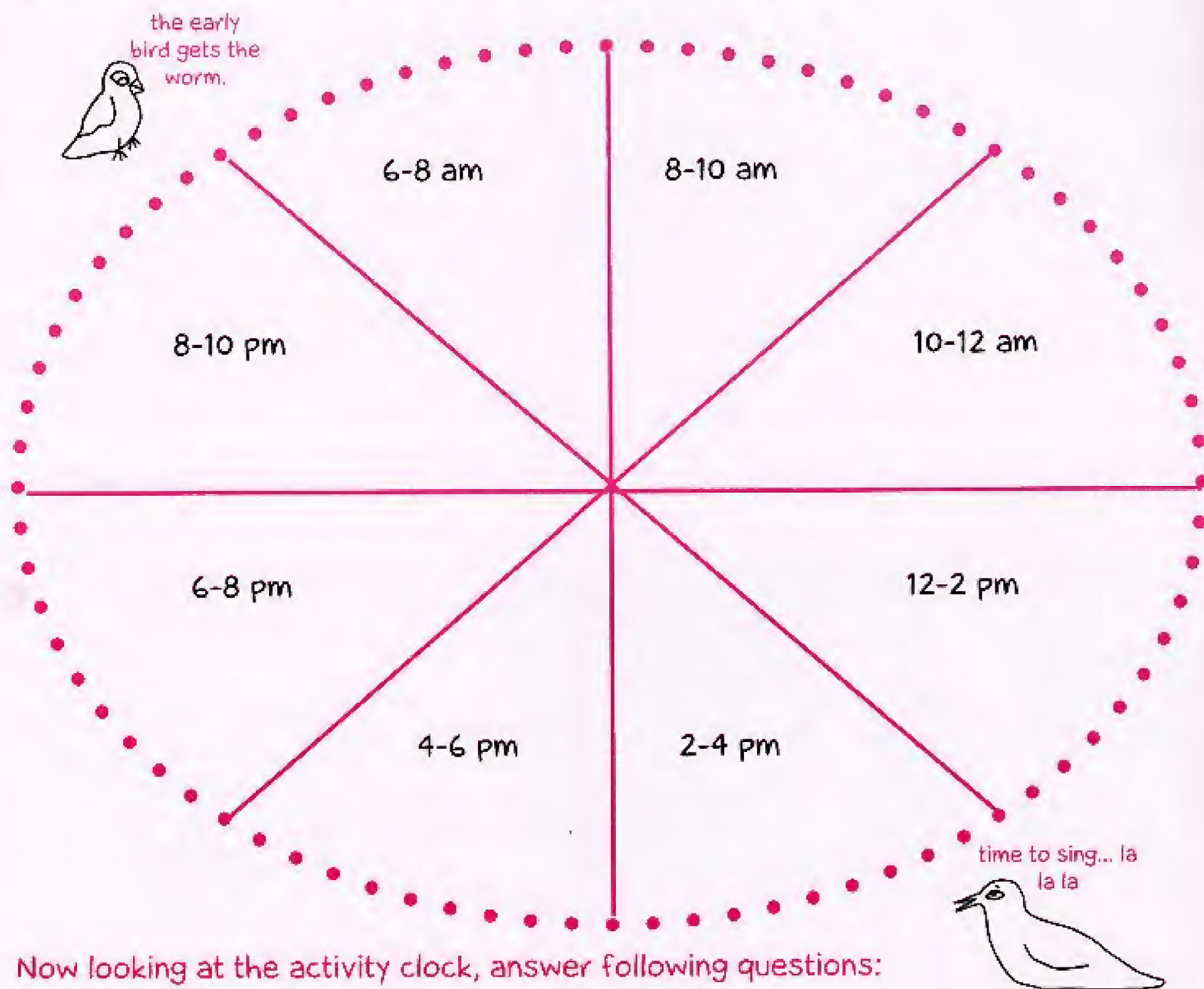
How is Raghunath Dhole's hobby useful to him? How is it useful to us?



Hobbies can be useful. You never know.

The third aspect of keeping healthy is **Exercise**.

Here is a clock. Starting from the 6-8 a.m. Write everything that you do in the given space in the clock. Think hard and put down all the activities.



Now looking at the activity clock, answer following questions:
Which of these activities give you exercise? List them.

How much time do you spend on exercise everyday? (Exercise includes playing any sport like, Langdi, Hide and seek, Lagori or outdoor sports like football, cricket, hockey, cycling, swimming, walking, etc.)

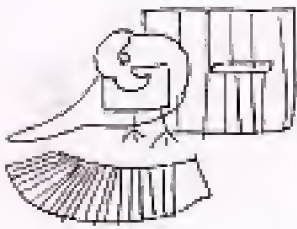
_____ minutes everyday/once in a week/once in a month

_____ hours everyday/once in a week/once in a month

Children of 10 and above need to exercise at least for an hour or two everyday. At this age, heart and lungs are becoming stronger. Good physical exercise will increase their strength and capacity to function well. Physical exercise also deposits calcium into bones. This helps in building stronger bones and muscles, too.

- Exercise
- Makes your heart and lungs healthy
 - Strengthens muscles and bones
 - Makes you flexible
 - Keeps the balance
 - Makes you feel good

Here are some photos. Knowing what is exercise, now say which of them is exercise and which is not.



work

Child labourers



exercise

Man swimming



work

exercise



work

Men at gym



exercise

Men digging roads



work

exercise

Women doing Yoga



work

exercise

Women doing farm activities

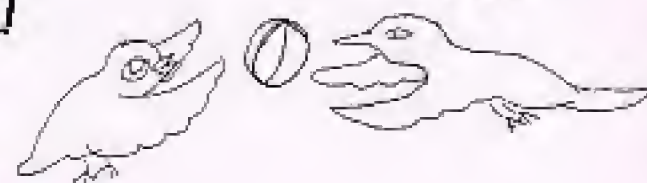
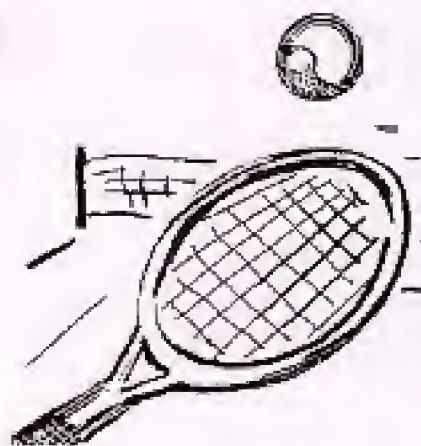


work

exercise

Physical work can be a form of exercise. However, all physical work is not necessarily exercise. A lot of the work that particularly poor people do is monotonous, exhausting and involves long hours.

These are some common games. Circle the ones you know and play. Also write down which are the ones that girls play and those that boys play.



Girl

Boys

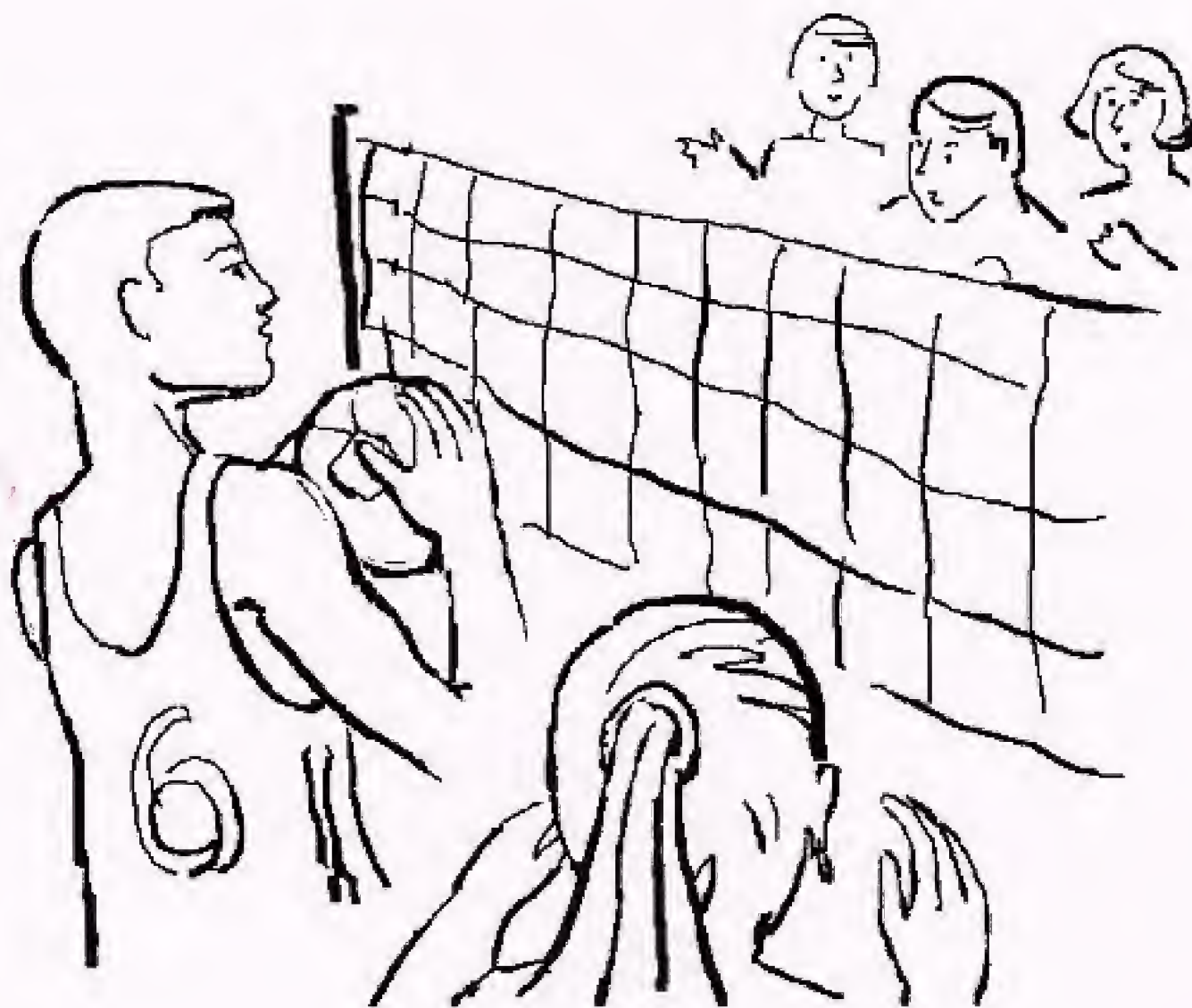
Handwriting practice lines for the 'Girl' column.

Handwriting practice lines for the 'Boys' column.

Is there any difference between the games and sports that girls and boys play? Yes / No

If yes, what is the difference?

Many times girls are not allowed to go out and play sports like cricket or football just because they are 'girls'. But this is not fair. Girls need to exercise as much as boys. They also need to be taught and encouraged to play outdoor games. Girls must run and exercise outside the house. It helps build bones and strength.



Name 3 field games that girls and boys can play

Football, _____, _____, _____

Let's have a look at the body once again.

What keeps you healthy?
Tell me what are the things
that keep you happy?



Iron rich food
and fruits having
Vitamin C

time with my
friends to chat
and laugh



A good
balanced
meal with
roti and
subji

Simple remedies
for simple
illnesses

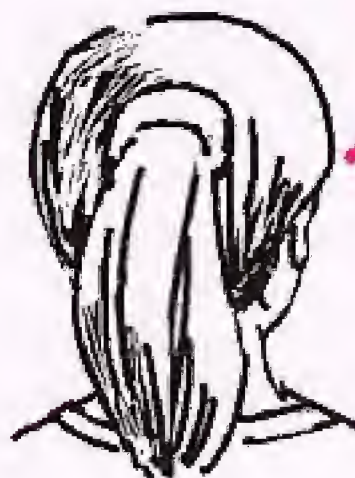


Exercise everyday.
A bicycle ride or a
lagori match with
my friends

No junk food!



fun time to solve
puzzles or SUDOKU



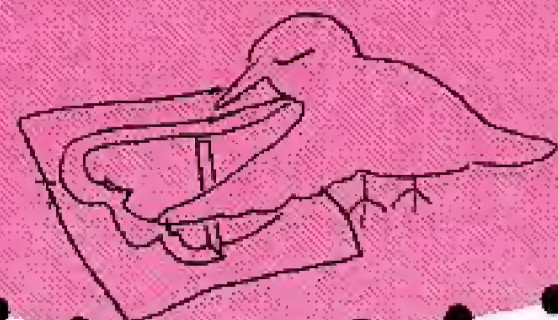
Write down what other things you have learned in the space given.

Boys and Girls

Draw an outline of your left hand inside the box below. Now inside the outline, write down all the work that girls in your family do.



Draw an outline of your right hand inside the box below. Now in that outline, write down all the work that boys in your family do.

A large, irregularly shaped pink box with a dotted black border. It occupies most of the lower two-thirds of the page, providing a space for a child to draw an outline of their right hand and write down the work that boys in their family do.

Write 3 differences in the work that boys and girls do.

1. _____

2. _____

3. _____

Answer the questions given below (Circle the answer you choose).

Can girls play cricket? Yes / No

Do you see more girls or boys playing cricket? Girls / Boys

Can boys help in housework? Yes / No

Do you see more girls or boys doing housework? Girls / Boys

Can boys help their mothers to cook? Yes / No

Do you see more girls or boys helping their mothers' to cook? Girls / Boys

Can girls run errands? Yes / No

Do you see more girls or boys going to the shop? Girls / Boys

Are girls made to do more work in the house? Yes / No

Do you see more girls or boys washing, cleaning, and helping in the house? Girls / Boys

Do boys help their fathers in their work? Yes / No

Do you see more girls or boys accompanying their fathers in their work?
Girls / Boys

Can girls ride a bicycle? Yes / No

Do you see more girls or boys riding bicycles to school? Girls / Boys

Do boys play more than girls? Yes / No

Do you see more boys or girls in the playground, during and after school?
Girls / Boys

I can do
everything
that you can
do



can you
caw like
me?

Can boys wash their own clothes? **Yes / No**

Do you see more boys or more girls washing their own clothes?

Girls / Boys

Are girls allowed to go out at night? **Yes / No**

Who has an earlier deadline to reach home? Girls / Boys

Do girls need less food than boys? **Yes / No**

Who do you see eat more? Girls / Boys

Are girls allowed to wear any kind of clothes? **Yes / No**

Who do you think face more restrictions on the clothes they would like to wear? Girls / Boys

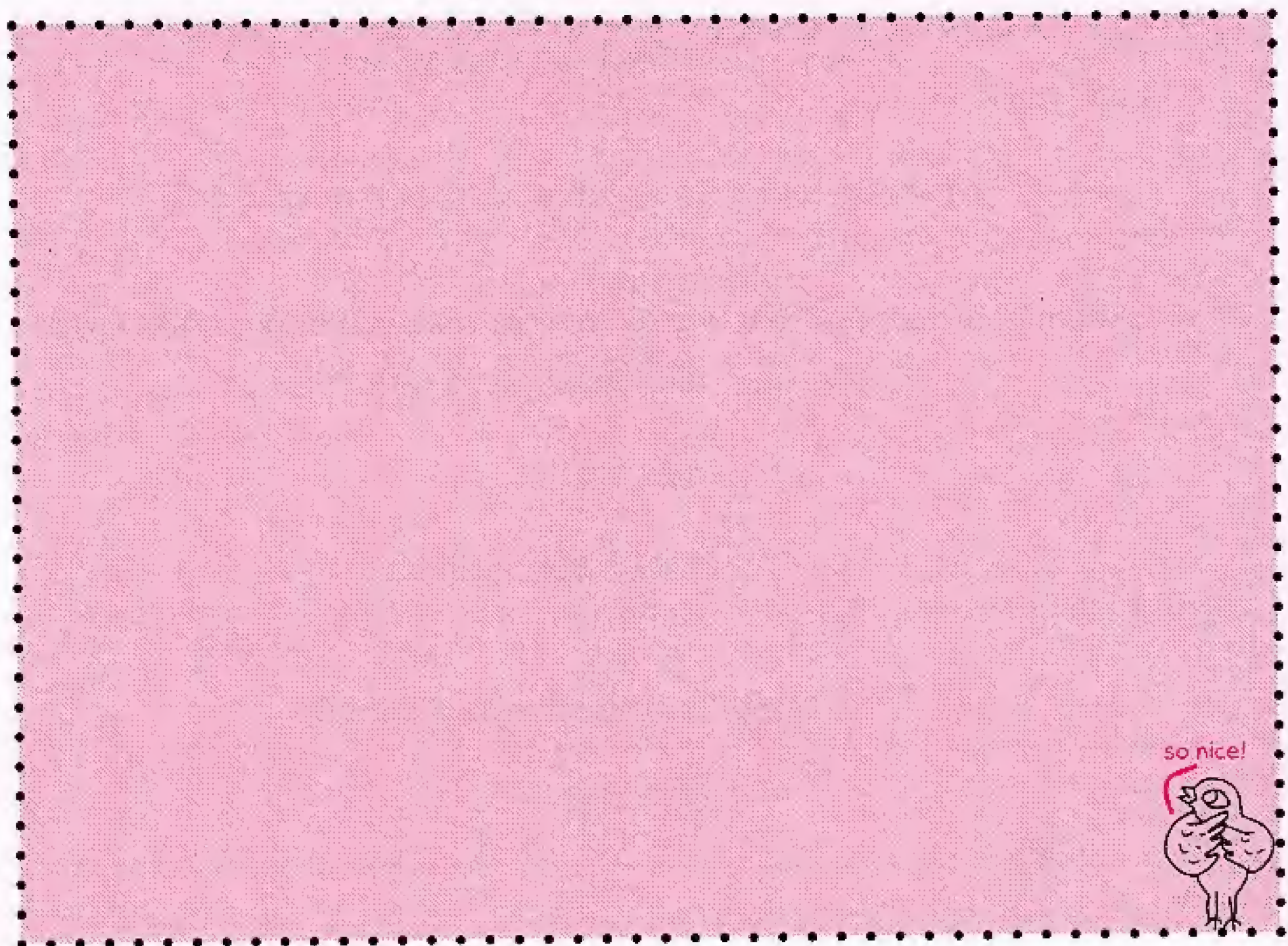
Girls face more restrictions in the society today. Why?

Do you think it is correct that girls should do more work in the house than boys?
Why?

Let's look at this picture.
Some are working, and some are playing or relaxing



Redraw the picture below, but in your picture show how all members of the family can share the work equally.



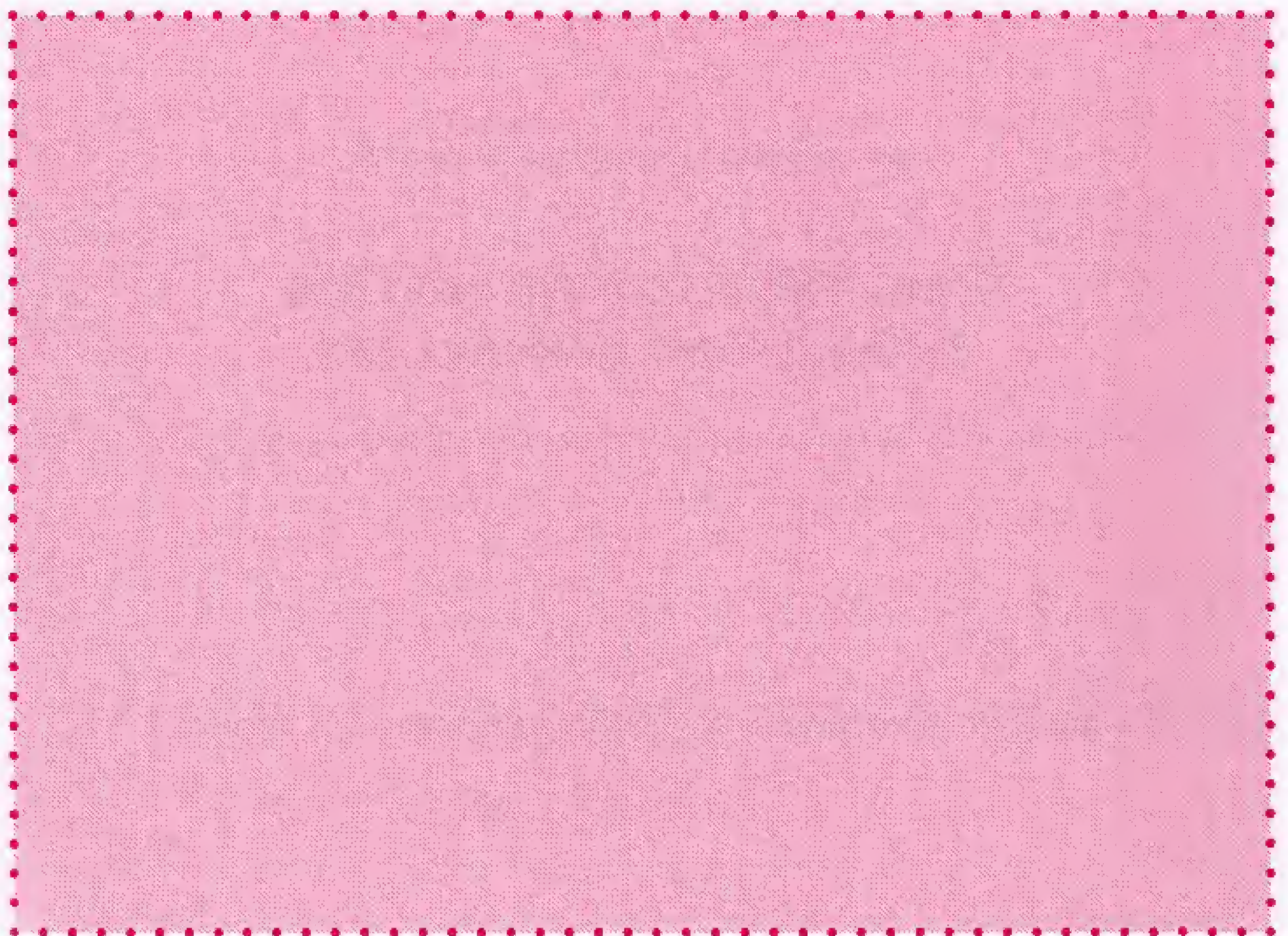
so nice!



In this picture boys are playing on the ground and girls are at the sides.



Redraw the picture showing girls and boys playing together.



Here are few things that are denied to girls only because they are girls. Add other things that you feel girls have to suffer.

- 1. Equal rest, time to play and adequate nutrition.
- 2. Chance to go to school/ take up higher studies.
- 3. Freedom to play any sport, late in the evening.
- 4. Freedom to move freely in school, roads and neighborhood.
- 5. Safety and security inside and outside the home.
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Boys get more benefits of this gender division. But they also face some restrictions. They are denied certain things only because they are boys. Here are some things. Add more things.

- 1. Boys can not work inside the house even if they wish to help
- 2. They are not allowed to cry or express their feelings/emotions
- 3. _____
- 4. _____
- 5. _____

Equal Rights to Boys and Girls
Nothing More Nothing Less



As a girl, write down three things you can do to end restrictions on girls

As a boy, write down three things you can do to end restrictions on girls

Althea Gibson

In recent years we see many black players in tennis and other sports. But till 1950, black men and women could not play in all famous tournaments like Wimbledon and Forrest Hills only because they were 'black'. But one black woman from the United States changed this and played to win Wimbledon for two years in a row (1957-58). This opened the doors of Wimbledon and other tournaments for black players like Arthur Ashe and in recent times Serena and Venus Williams.

But this was not as easy as it seems. Althea was born and brought up in Harlem, a black settlement in New York. She was the eldest of five children. She grew in a very poor and deprived family. Her passion for tennis led her to practice at home with a rubber ball. She got her training under Fred Johnson and later under Dr. E T Eaton. At 15, she was the singles champion in tournaments for black women. Later she went on to win the ATA (tournament for African Women) for ten years in a row! Those who denied her place in open tournaments had to amend their rules and invite her to play. The rest is history.

Iron Woman 'rolls on'

Yamuna Pawar, a widow and a mother of three children is the only female road-roller driver in the Pune Municipal Corporation (PMC). Yamunatai rose against all odds and broke the mould when she first steered a road-roller some two decades ago. Working as a contract labourer for the last 18 years, Yamunatai has been steering the massive vehicle for some three years now.

Yamunatai started working with PMC, initially weeding the grass, cleaning ward offices and covering roads with asphalt. She would also clean and refuel the road-roller.

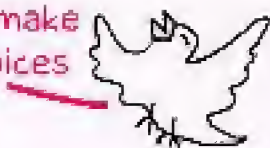
"While asphaltting a road one day, I challenged myself and decided to take the vehicle's wheel. The driver was a contract labourer and taught me how to drive. From that day I decided to continue driving the road roller", says Yamunatai.

But this was not easy. Some of her seniors did not approve of it and told her to go back to what she was doing - cleaning the office. But Yamunatai did not step back and took the cause to the mayor and the commissioner. She continued to 'fill in' but later demanded to be given charge of the machine. Yamunatai is now the only female road-roller driver in the PMC. She is waiting eagerly to get formally promoted to the post of Road Roller Driver.

(Ref: Times City, August 6, 2008, Laxmi Birajdar)

Choices I make.

i choose to make
my own choices



Here are some stories. The children involved in these stories have taken some action in whatever has happened. While you are reading these, locate places where there is an action or decision that had an impact on the outcome.

1. My parents have refused to send my sister to a picnic.

.....
Shama is crying the whole day. She wants to go to a school picnic. All her friends are going. But her father is not letting her go. Shama has an elder brother, Amar. He gets everything that he asks for. Last year he went for a school trek and his mother made special parathas for him. When Shama told him that their father is not letting her go for the picnic, Amar did not pay much attention. He felt that there is no need for Shama to go. He also felt that his father must be right in making such a decision. Even after Shama's constant pleading, he did not take her side.

Shama is smart and intelligent but becomes very shy and aloof when it comes to outdoor activities. She feels very insecure and scared if she asked to go out for some work. She drops out of any such activity where she is required to visit new places and meet new people. She spends her time doing household work and hardly steps out of her house. She even opted out of a class when they asked all girls to go for a study tour.

Amar is busy with his own circle of friends and refuses to go with her. If Shama asks him to accompany her, he teases her for not being able to go by herself, and not knowing the outside world.

A small decision of not helping his sister to go to the picnic can change the way in which Shama will grow up. A small action can have a long term impact.

Read the story and find out spaces where Amar could have helped Shama. When you find these out, write what Amar could have done differently so as to help Shama.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

2. A boy in my class gets very emotional and starts crying.

.....

I study in std 6. One day Sushil, a boy sitting next to me started crying. I looked at him and could not stop myself from laughing. He is tall and big and after all he is a class monitor. How can he cry?

All of us, meaning my group, mostly boys and few of the girls looked at each other and passed comments. I kept thinking of going to him and asking him what is wrong. But I could not stop laughing. I also felt that my friends would tease me. Later, our class teacher told us that someone in his family was very ill and thus Sushil was very upset.

I managed to talk to him the next day but he seemed a little worried. He might have heard all our comments. Days passed by... Sushil never talked to us in class. He would sit alone and read. Something had happened in his family. He looked quite upset but never ever cried.

He stopped talking to any of the boys. If anybody hurt him, he would hit back hard. But sometimes he would just walk away without caring.

Do you think Sushil needs help?

List ways in which I can help him. How can I change my actions so as to respect Sushil?

1. _____
2. _____
3. _____
4. _____
5. _____



3. The older boys are bullying a smaller boy in school

One day Sana and Jatin were returning home from school. Both of them study in std 7. They take a school bus. Mihir, a boy studying in 4th std has recently joined their school and comes along with them. Since last week, some older children in the bus are teasing him. They do not let him sit next to them and when he is standing they will bully him by hitting him on the head, pulling his school bag and tying his shoestrings.

Sana once tried to stop them from troubling him but Jatin asked her to stay out. He felt that the older boys would pick on him and start troubling him too. He told her that this is the way boys grow up and become 'rough and tough'.

After some days, Mihir stopped travelling by school bus. His mother drops him to school. When Sana realised that those older boys have not stopped bullying Mihir, she decided to do something. One day she met Mihir after the school and asked him whether he needed any help. Mihir started crying and told her to help him. She talked to his mother and later on went with her to the School Principal. The older boys got punished and scolded and were told to keep away from Mihir.

Mihir looks happier these days and enjoys his bus ride to the school.

this sounds like the kite!



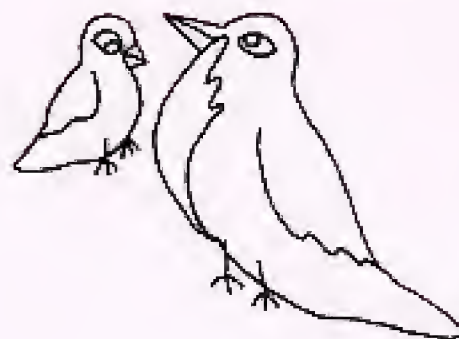
What did Sana do to help Mihir?

1. _____
2. _____
3. _____
4. _____
5. _____

These stories show us that our actions or choices make a difference to people around us.

Do you know a friend who may need your help?
If yes, list ways in which you could help him or her.

1. _____
2. _____
3. _____
4. _____
5. _____



Being Safe, Learning to say NO

There are many times we want to say **NO**. Here are some examples.

1. If my friend hits me, I will say ".....".
2. My friend orders me to pick up her bag, and carry it. I do not want to do it.
I will say, ".....".
3. A group of children in my class say they are going for a movie. I do not want to go. I have not informed my parents. I will say, ".....".
4. The boys are teasing Aman at the water tap in school. They say to me, "throw water on him". I will say ".....".
5. A man looks and speaks to me in a way I do not like.
I will say, ".....".
6. Children near my class are hitting a dog. I want to stop them.
I can tell them, ".....".

It is important to say **NO**, especially when we feel uncomfortable or do not like to do something.

It is not easy to always say no. What are the difficulties we face while saying NO. Sometimes the person is older, or a teacher, or someone we do not know very well.

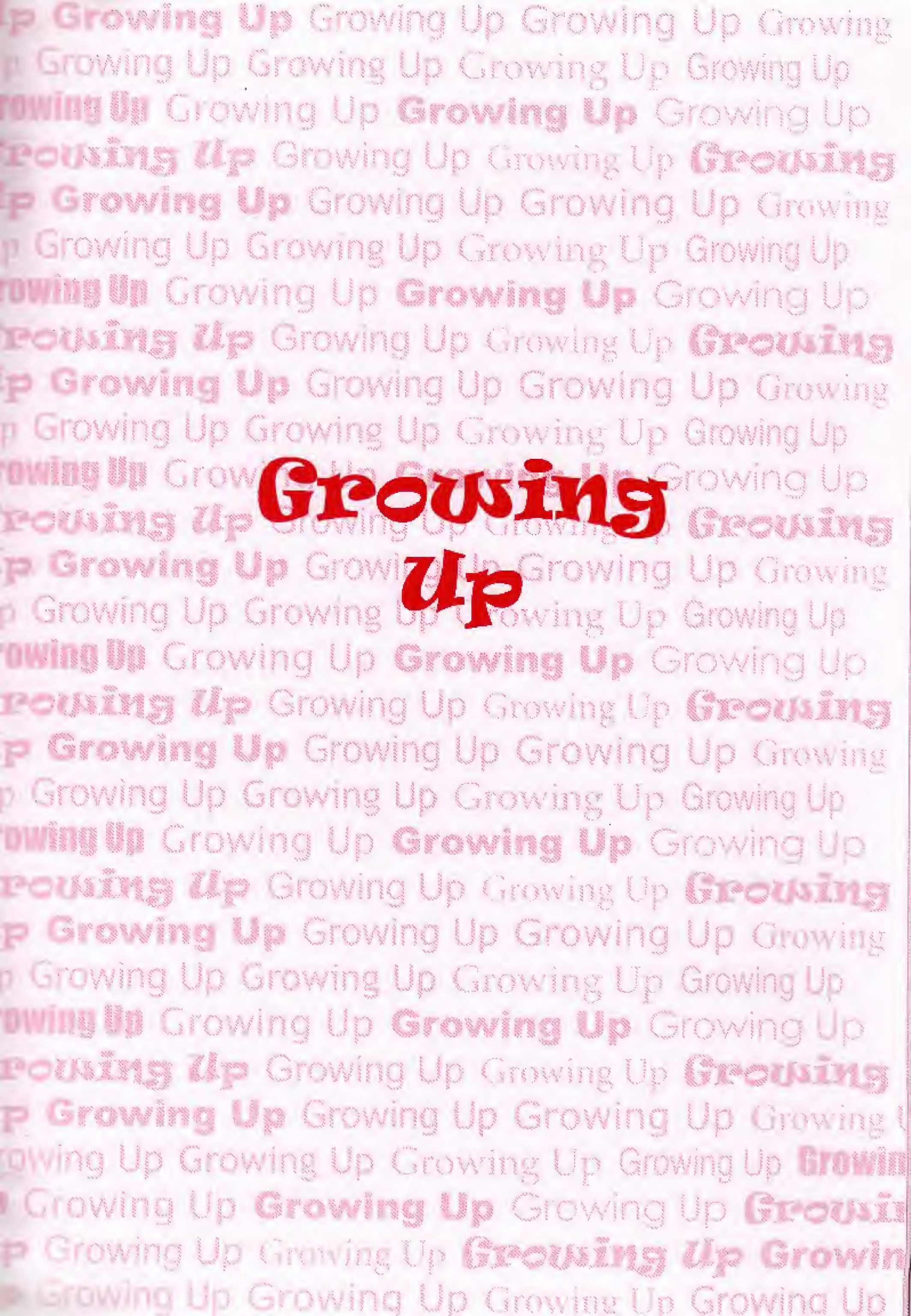
Here are some tips on how to say NO. Tick the ones you think you can use.

Spell it loudly and clearly - N-O means NO.
Write it down and give it to the person.
Say politely, "No, I do not think I can do that".
Say "I need to think about it"
Be assertive, but not rude
Say "No, I am busy"

If you still find it difficult, take the help of a friend, teacher or parent.

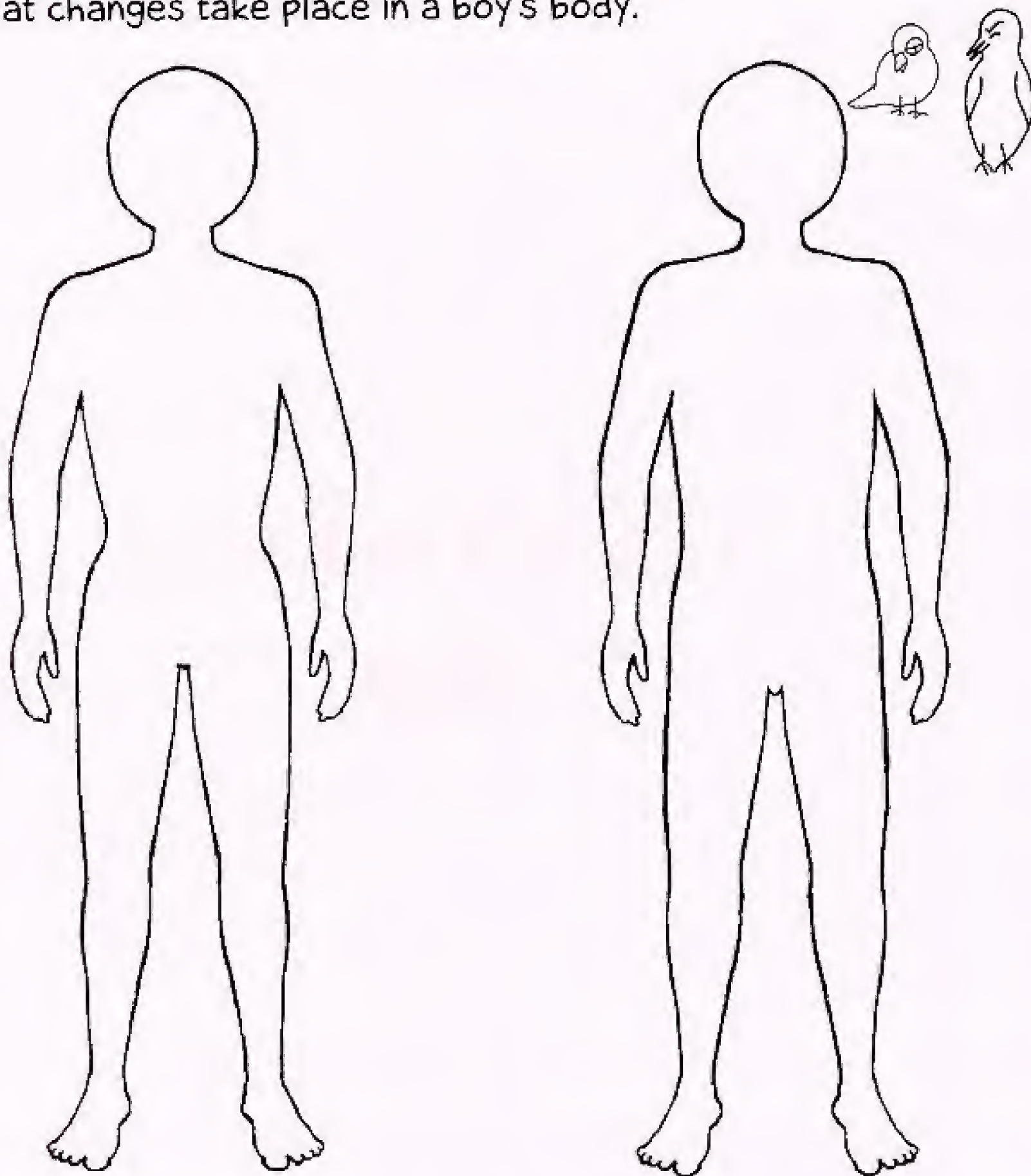
no, N-O, NO





**Growing
Up**

Draw what all physical changes take place in our bodies as we grow up.
Draw what changes take place in a girl's body.
Draw what changes take place in a boy's body.



Are there any changes that we can not see, which happen inside the body, e.g. change in the voice? Write them down here.

In Girls

In Boys

Four sets of horizontal wavy lines for writing, separated by a vertical dotted line.

From Red Book (Tarshi, New Delhi)

GROWING UP

As you grow up, your body begins to change in size and also in shape. These changes start happening from around age of 10 years or so. They can also happen earlier or later. You may suddenly find that your shoes and clothes do not fit you any more. Hair begins to grow in your armpits and in the genital area. At this time you also begin to become more conscious of your body and your appearance.

Your skin may become oilier and pimples may appear on your skin. Keeping your face clean by frequent washing (but not too much soap), avoiding fried foods like those crunchy chips and burgers and regular exercise prevent pimples and help you look your best. Because you are now growing very fast your food requirements may increase. Eating a balanced diet with lots of fruits, vegetables and milk also help you look smart and feel fit.

These changes happen because of changes in the natural chemicals in the body called hormones. Both boys and girls have hormones but they have different amounts of different hormones. That is why some of the changes that take place are different for girls and boys for example, boys have more body and facial hair growth than girls. Let's look at some of the changes that occur.....

humans
are so
slow!



they take
forever...





As a girl grows older her breasts begin to develop. Sometimes there might be a slight soreness or pain as the breasts grow. This soon passes. You must have noticed that breasts may be round, conical, upright, sagging, soft or firm depending on age and fitness. The two breasts may not be equal in size. The tips of the breasts are called nipples. They are dark in colour and highly sensitive to touch and temperature. The darker area around the nipples is called areola. Sometimes when the nipples are touched and stimulated, they become hard and seem to stand out. This is called nipple erection. This happens to both men and women. The breasts begin producing milk only when a woman is pregnant and stop producing milk when the baby does not need this milk anymore. If there is secretion from the breasts at any other time, consult a doctor.

MENSTRUATION

Apart from the breasts growing, there are other major changes that happen at this age. Normally when you are between 10 and 15 years old, the ovaries (see diagram) begin to release one egg every month. Just before the ovary releases one egg every month, the uterus begins to thicken its lining and collect blood in case a baby is to be made. If the female egg does not meet the sperm (the 'male egg'), a baby cannot be made. Then this blood and lining is not needed so it comes out little by little through the vagina. It takes between two and eight days to come out. This is called menstruation. In slang, it is called 'chums', menses, 'periods' or 'being down'.

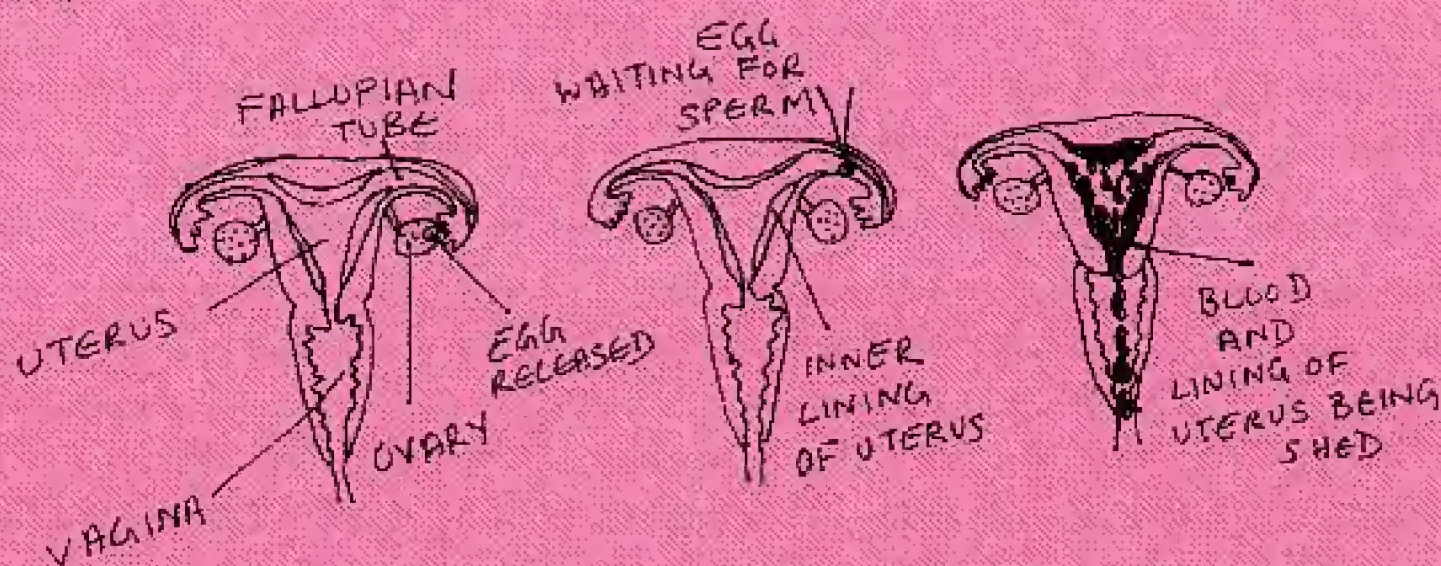
Menstruation is something that happens to all girls while growing up. It happens every month and is absolutely normal. Some girls get frightened by this and think there is something wrong with them. There is nothing wrong. In fact this is a sign that the body is working and maturing well. Once you have begun menstruating, you may also notice that a small amount of a whitish sticky fluid comes out of your vagina at certain times of the month. This is normal as long as it does not feel itchy or burn or have a horrible smell.

Menstruation stops totally when a woman is around 45-55 years old. Menstruation is not an illness. At this time of the month you are noticing the same blood that the body has collected to nourish a baby. How can it be dirty? This blood comes out because the body no longer needs it, not because it is dirty. Having your periods does not make you dirty or ill. There is no reason why you should not bathe, eat pickle or ice cream, play games, wash your hair or do other things you normally do.

During your period you need to wear a sanitary pad or napkin to absorb the blood. A sanitary pad is a thickish cotton pad. Some pads come with a thin elastic belt, which holds the pad in place. Put the belt around your waist and the pad against your vagina and between your legs. Some pads, called 'belt-less' pads, have a sticky strip, which helps to stick the pad on to your panty. Some people wear tampons to soak up the blood. Tampons are special small pads (cylindrical and about 2" long) that are put inside the vaginal passage. You need to change your pad or tampon every four to six hours or when you feel it is soaked enough, whichever is earlier.

There is no reason why you should feel shy about having your period and needing to wear a sanitary pad. When you start menstruating, your period may be irregular because your body has not yet got used to it. Some of you might feel slight pain or a heavy feeling in your lower back, legs or below your navel. Walking and light exercise help to keep your muscles relaxed. You could also use a hot water bottle to soothe the pain. If the pain is very bad and you cannot bear it, ask someone older for medicine for period pain. Do not pretend that you have a stomach ache or some other ache because those medicines may not help you!

You need to eat a well-balanced diet since you lose some blood every month. Eat fruit, green leafy vegetables and milk to remain strong and healthy.



Some social restrictions regarding menstruation



"Do not touch pickle"



"Do not water plants"

Is this for us?



No. This is a mammalian function!



"Do not cook"

As girls grow up, and start menstruating, there are many things that they're not allowed to do. It is thought that menstruation is impure and it pollutes/spoils things around you.

Do you know any other restrictions that are placed on girls and women when they have their periods? Write them here.

But menstruation is a natural process. It is like breathing, digestion, blood circulation, etc. It is a physical process that takes place in a girl's body at puberty.

Do you think that if you water plants when you have your periods, they will dry up?

Do you think if you touch the pickle or a papad, it will spoil?

Do you think that a physical process occurring inside a girl's body will have any effect on the outside world?

Have you faced such restrictions?

How did it feel?

Such restrictions create a negative feeling about the body in girls and women. We can try to change these taboos. Many women have tried breaking these myths. They cook, fill water, take care of their garden, swim, go to the temple, make pickles, papads, etc.

The only way to decide what is right and what is wrong is by doing. Try for yourself and observe what happens.

Write what you can do:

STAY CLEAN DURING YOUR PERIOD

Always use a clean sanitary towel or cloth to absorb the blood.

Sanitary towels need to be changed frequently (at least every four to six hours) in order to prevent bad odour or infections.

If you are using a cloth, which is to be reused, it should be washed thoroughly and disinfected by drying in the sun.

Keep yourself and your genitals clean during your periods.

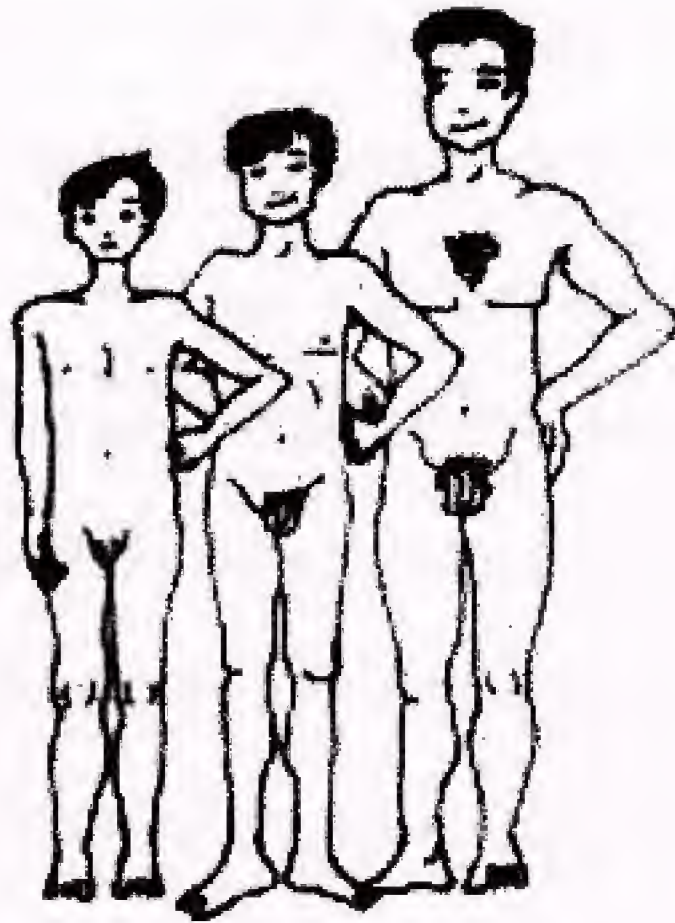


BOYS

As boys grow up their bodies become more muscular. Their voice may 'crack', sometimes sounding deep and sometime squeaky. Hair begins to appear on the face, especially above the lips.

The body begins producing semen as the boy begins to mature. Semen or 'cum' is the whitish sticky substance that comes out of the penis. It is formed in the testes continuously and contains sperms (the 'male egg'). The coming out of semen in spurts during a sexual act is called ejaculation. The amount of semen that comes out may be different at different times. It is normal for it to come out of the body from time to time.

Sometimes semen comes out of the body at night, during sleep. This is called 'nocturnal emissions', 'nightfall' or 'wet dreams'. Nocturnal emissions do not always happen because of sexual feelings or sexual dreams. They start happening around puberty (in the teens) and some boys get quite embarrassed or frightened by this. Nocturnal emissions are normal and do not lead to weakness. While urinating, you might find that a few drops of a whitish fluid come out just before the urine does. Both the semen and urine come out from the same tube and opening and so if semen is present in the tube, it naturally comes out before the urine does. Erections may also begin to occur more frequently, especially when you are excited. If you find that you have an erection at an embarrassing time (e.g. in class or while on the games field), try distracting yourself and it will subside on its own.



List the changes that take place in a boy's body

- a. As puberty starts, _____ begin to appear above the lip (hair/ muscles).
- b. As a boy's body matures, it begins to produce _____ (urine/semen).
- c. Semen contains _____ (sperms/vitamins).
- d. Wet dreams are _____ (normal/ bad).
- e. Sperms are produced in the _____ (testicles/penis).
- f. Semen and _____ have the same tube (urine/sweat).
- g. The _____ deepens as boys begin to grow. (eyes/voice)
- h. Erections occur when you are _____ (ill/excited).
- i. As boys grow up, their bodies become more _____ (muscular/fatty)

What I have learned.

Tick True or False

Belly Button is of no use. T/F

The union of egg and sperm results in new life. T/F

The kidney cleans the blood. T/F

The liver stores the nutrients. T/F

The skin is the largest organ of the body. T/F

We need a happy mind to grow. T/F

Lack of iron causes diarrhoea. T/F

Growing children need a balanced meal. T/F

Hobbies keep us creative. T/F

Alongwith our bodies, our minds grow. T/F

Girls play football. T/F

Boys need to play more than girls. T/F

Girls need less food than boys. T/F

Boys can help in house-work. T/F

Stereotypes restrict. T/F

My actions affect only me. T/F

Saying no means I am weak. T/F

Menstruation Is unclean. T/F

Bad thoughts lead to night emissions. T/F

My Space

A series of 15 horizontal wavy lines, resembling a dashed line, spaced evenly down the page for handwriting practice. Each line is a continuous, repeating wave pattern.

